

Course:	Chinese Herbology 2	Date:	January 20, 2009
Class #:	3 - Ban Qian and Jie Geng from Ch 6A, continued from last lecture Ch 6B: Resolve Phlegm; Relieve Cough and Wheeze/Resolve Phlegm Heat Ch 6C: Resolve Phlegm; Relieve Cough and Wheeze/Relieve Cough and Wheeze		

Continuation from the last class and winding up the Chapter 6A Resolve Phlegm Cold stuff...

Bai Qian



Change “redirect Qi downward” to Descend Lung Qi in the action. Often used for cold or heat depending upon combination.

Add Bai qian wan under the formulas if the mood strikes you. It's for lung heat and has ben combined with clear heat herbs.

Don't use with xu or stomach xu. Be careful of gastrointestinal bleeding as this will irritate it. Add that into the old book.

Jie Geng



This herb only enters the Lung, technically, but is often used more than bai qian and is used more than just for cough/phlegm. Also, it's neutral, so no concern about temperature.

Opens and disperses the LU qi; expels phlegm

Can be used for constipation and urinary retention...LU and LI are a pair afterall. The Chinese use the metaphor of a water pot with a very small opening – if you try to pour it it flows very slowly...until you remove the lid and then then it pours out more quickly. This is the idea about opening up the Lung and helping the bladder expel retained urine.

Benefits the throat

Doesn't clear heat toxicity affecting the throat, but is more of a guiding herb to target the throat.

Promotes discharge of the pus

Note that this is *only* for LU abscess and throat abscess. Kind of related to the benefit the throat in that it guides specifically to these areas for this action.

Guides other herbs to the upper body

This is a really useful action. Note the example formulas here and you will see that it's not quite limited to the upper jiao...includes lung, heart, UJ organs as well as sense organs. Not really used for eye problems, but is used for ear and allergy nasal issues.

Look at the cautions for this herb. Need to be careful with these.

Herbs that Resolve Phlegm Heat

Qian Hu



Directs Qi downward (descends in other words), expels phlegm

Bai Qian and Qian Hu share the word Qian which is the same Chinese character. This herb is slightly cold while Bai Qian is slightly warm. They are often used together to neutralize the temperature and to resolve/expel phlegm. Can be used in phlegm cold or heat this way.

Disperses exterior wind-heat

Refer back to section 1B in the study guide, expel exterior/wind-heat. That said, you might notice that the formula listed, Jing Fang Bai Du San is actually for wind cold. You can also use this herb when an exterior wind cold starts moving to wind heat.

Chuan Bei Mu and Zhe Bei Mu



Group these two together. The words Chuan and Zhe refer to place of origin as well as the species.

← Chuan Bei Mu is shown to the left. And Zhe Bei Mu is shown to the right. →

Comparing the use of the two:

Taste: Chuan bei mu is bitter, sweet, slightly cold while

Zhe bei mu is bitter and cold. Thus zhe bei mu is stronger for heat clearing.

Chuan bei mu is more nourishing/moistening because of the sweetness. If one has a non-productive cough with an acute wind cold/heat invasion you wouldn't want to moisten, but to dispel/disperse. But in the case of a chronic cough with a yin xu, you would, so you'd use chuan bei mu!



Add “or dry phlegm” (i.e. scanty or blood streaked sputum) to the indication under Chuan Bei Mu to make it read “many type of cough, esp chronic cough due to yin xu or dry phlegm with heat signs...”

Zhe bei mu is more for productive cough. Use this when allergies start to turn to heat. Actually used a lot here when the phlegm goes from white (cold) to yellow (heat).

Occasionally chuan bei mu is used to treat nodules, but it's more expensive than zhe bei mu...so often that is used instead and besides, it's stronger. Most cost effective and effective in general.

Chuan bei mu is often not boiled—again, expensive. Can instead grind it up into a powder and dissolve it into the decoction.

Gua Lou



3 different varieties to use. In the new book all of the Gua Lou's are combined together and the permutations are listed in the 3rd category. Also, Dr. Z added Gua Lou Shi, the fruit.

(Can't you just see this being an essay question? Seems like it, right?)

Gua Lou Shi

This is what is usually meant by saying "Gua Lou." It's sweet and cold, going to LU, ST, LI which corresponds to it's actions.



Clears heat, transforms phlegm

Similar to zhe bei mu – heat and phlegm in the lung. Can use it in combination with this herb actually. Gua Lou Pi will do this for you too.

Expands chest and relieves chest bi

Add "painful obstruction of the chest due to phlegm turbidity" to the indication under this action. Also add "modern use for Coronary Artery Disease." Gua Lou Pi will do this action too.



Moistens Intestines

Gua Lou ren Will do this as will just using Gua Lou.

Treat abscess, reduce swelling, dissipate clumps

Gua Lou Ren will do this too. Add "breast tenderness and swelling."

If you just use Gua Lou you get all of these actions. If you want to be more specific carry the individuals.

Zhu Ru and Zhu Li



Zhu Ru - Bamboo shavings – a yellowish layer of shavings from the bamboo.

Zhu Li is bamboo sap. You use a very young bamboo, cut it and heat it and then the sap will begin to ooze out. It's a really labor intensive procedure so it's expensive. No pic of zhu li available. Also it spoils quickly.

Under Zhu Ru: Take out the 2nd action, but add the indications into the 1st action. So clear heat and transform phlegm will apply to LU and GB. "Stagnant phlegm disturbing Gallbladder" is a useful syndrome title: Patients with emotional disorders, anxiety can sometimes have this differentiation. An important sx or sign to look for is the coating on the tongue. With phlegm heat disturbing the gallbladder, look for a yellow sticky tongue coating. Helps you tell it from heart and shen disturbance.

Zhu Li is hard to find – no where that Dr. Zhou can find anyhow. Zhu Li is most often used for open orifice/sedate spasms. Change the first action to “Clear Heat, Vaporize Phlegm.”

Open orifice/sedate spasms. Add “seizure and manic depressive disorder.”

Zhu Ru isn’t used all that much.

Pang Da Hai



Slightly out of order.
Goes to LU and LI. Often steeped and used alone as a tea.

Clears heat and disperses Lung Qi

Add the word “heat” as above to this action. Most often used for hoarseness-laryngitis basically. Use with w/h invasion or just overuse.

Moistens intestines and unblocks bowels

This isn’t really an action you want to use, but a cautionary tale! If you use too much can cause loose stool or diarrhea. Warn your patient to look for this.

The following 5 herbs have something to do with the ocean.
Note that all of them are salty – all dissolve phlegm, soften hardness.

Three of them are cold, 2 of them are neutral in temperature.

Hai Zao and Kun Bu

Sea veggies. Hai Zao and Kun Bu are a pair. Note that the wording of the actions is identical. Indications are very very similar as well, though the words are a little different. Both of these are good sources of iodine...note that they both treat goiter too. Used to get thyroid problems from lack of iodine...though that is less common now...more often due to tumors, cancer, swelling (which happens in hyper and hypo thyroid), stress causing disease. Often goiter was hypertrophy due to dietary lack of iodine.



Both reduce edema, but not that strong.

Difference between the two:

Hai zao is incompatible with gan cao while kun bu isn’t. That said, some formulas use hai zao with gan cao together anyhow!

Hai Zao is shown to the right, Kun Bu to the left.

Hai Ge Ke and Wa Leng Zi

Shells. Both are salty and neutral. Pay attn to spleen and stomach difference in the channels. In the old book, take out the channel ref for KI in Hai Ge Ke.

Thus:

Hai Ge Ke – LU, ST

Wa Leng Zi – LV, SP, LU

Very similar in 2 of 3 actions – nodules, acid.



Wa Leng Zi is shown to the right, Hai Ge Ke to the Left..



Hai Ge Ke

1st action is to clear heat/transform phlegm in the Lung. This is the difference between this and wa leng zi. The 3rd action, Absorbs acid, alleviate pain is the most useful of the 3 probably.

Wa Leng Zi

The big difference between this and Hai Ge Ke is the 2nd action, invigorate blood. Yet no preppers caution! Hmmm. Dr Z doesn't know

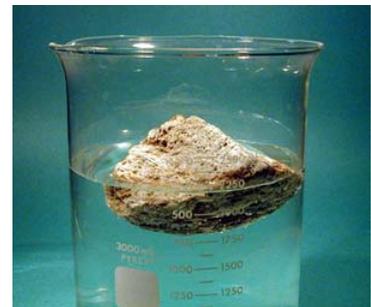
of a reason why not.

Gotta cook 'em both first since they are hard shells.

Hai Fu Shi

The word “fu” is the same as in pulse description – the original meaning of a fu pulse was a “floating” pulse. Pumice stone can be lava which has lots of bubbles because it cools so quickly or can be the exoskeleton of the coral. Hence the floating.

This is not a shell, not a plant. “Shi” means rock for pete’s sake... More of a mineral than a rock.



Herbs that Relieve Coughing and Wheezing

Coughing is not life threatening even though it's annoying as hell. Wheezing though indicates a serious condition that can be fatal.

Herbs that are more useful for wheezing...which would also work for coughing:

- ❖ Xing Ren
- ❖ Zi Su Zi (or Su zi)
- ❖ Sang Bai Pi
- ❖ Ting Li Zi
- ❖ Bai Guo

Phlegm resolving short list:

- ❖ Zi Wan
- ❖ Su Zi
- ❖ Ting Li Zi

Correct the summary on page 68 for both.

Xing Ren

This is the inside part of the apricot seed. It's pretty bitter hence the 2nd name, "ku xing ren." There is a sweet form, however, which you should add as a note to the study guide. Tian Xing Ren is sweet, neutral and used to moisten lung, stop cough. Not commonly used.

Ku Xing Ren or just Xing Ren is more useful.

Note that it is slightly toxic – 60 grams (about 60 kernels, raw uncooked) is actually a toxic dose and causes respiratory failure. Never use it raw! Never grind to powder and have someone take it!!! Concentrated powdered granules are safe – precooked.

Add yin xu as a caution under this herb in the old version of the book.

Stop cough, calm wheezing

But not resolve phlegm. Change the indication from "all kinds" of cough to "various kinds" of cough.

Moistens intestines, unblocks bowels

Very useful in treating constipation. Gua Lou was the last herb mentioned for this.